



Rugby

Key Stage 2

BEGINNER

Tackling

In rugby, it is essential that a player knows how to get the ball from an opponent. This section details how this can be done in tag rugby.

Introduction

Give each player a tag belt and two tags. When the game starts, each player will have to move around the area and attempt to remove another player's tag while making sure that a player does not steal theirs. When the time is up, whoever holds the most tags is the winner.

Game: Octopus

Divide the group up into three or four teams. Each player in the teams will wear a tag belt and a different colour of tag. Set out two zones at either end of the area using cones. These zones are safe zones and the players must be able to get from one end of the hall to the other without losing a tag. Nominate one team to be the catchers. The players in the other teams will have to run up and down the hall in runs and avoid losing their tails. After three runs, ask a different team to be the catchers. Each time, count how many tails the catcher team have caught. The team that catch the most tails are the winners.

INTERMEDIATE

Passing

In rugby, it is important that the players are aware of the rules for passing and also the best way to pass a ball.

Introduction

Firstly, show the players how to hold a ball and the way to make a pass, explaining that it cannot be passed forward. Separate the players into teams of three or four. Each team will spread across the area. Give the player at the end the ball and ask that player to start with the ball. The team will then move across the area passing the ball across the team.

Game: Touch Rugby

Set out two safe zones with cones at either end of the area. Using the same teams of players as above, nominate one team to be tacklers and another team to be the passers. The passers start with the ball and attempt to make it from one end of the area to the other end without being tagged while they have the ball. Encourage the players to pass the ball before they get tagged. Remind players of the need to pass backwards or sideways.

ADVANCED

Game

The players have practised how to pass and how to make a tackle in tag rugby. It is now time to combine both these skills into a small game.

Game: Tag Rugby

Use small numbers of players for each team, only three or four. This will allow players more time with the ball and also give them more space to run into without being tagged. Set out two try zones at either end of the area. Give each team a set of coloured bibs as well as different coloured tags. Encourage the players to pass the ball and call each other's names while playing. It is important to try and implement the rule of no forward passing, but if the players are having difficulty with this rule it can be relaxed initially. When a player has been tagged then they must place the ball on the ground and roll it through their legs to a teammate behind them. When the team without the ball has made five tags, then the ball will be turned over to the other team. (Use an appropriate number of tags to suit the ability level of the players – two or three tags may be better for the players before turning over (possession.)



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing a rule that every player must receive the ball before the team can score a try.

Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Lower the cross bar, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- If a player is a wheelchair user, place a belt around the side of their wheelchair (use two belts, if necessary, to fit round) then place the tags on the belt.
- Introduce a rule that the players are not able to run at certain times, walking only, to ensure some players have a chance.
- Use a different shaped ball or beanbag, if necessary.
- Ensure cones do not impede wheelchair users; use flat cones.
- Give a player with mobility difficulties more tags as this will give them more chances.
- Use a smaller ball or beanbag if players find it difficult to hold the rugby ball.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.
- Ensure it is safe for players to make a tackle by removing a tag if a player has a severe visual impairment.
- Give players with severe visual impairment the opportunity to make a tracing a bright line for them to follow on floor using tape and not allowing other players to tackle them.

Useful Links

Irish Rugby Football Union

irishrugby.ie/club/disability_rugby